

## SALUYOT



Scientific Name: *Corchorus olitorius* L.  
Common Names: Jute Mallow or Jew's Mallow; Jute (English)  
Local names: Saluyot (Tagalog); Tugabang (Bisaya)

### BOTANICAL DESCRIPTION

Jute is an erect, grabrous, annual plant or shrub, growing up to 2 meters high. The leaves are broad-ovate, lanceolate, toothed margins. The flowers are solitary with yellow petals on the axils. The fruit is a capsule with many black seeds.

### ADAPTABILITY

Jute or saluyot is cultivated over a wide range of environments. The plant grows well in the lowland tropics. It also responds specially to warm, humid weather, and is often grown near riverbanks. Cold weather and severe periods of drought can damage the crop. Loam or silty-loam soil and plenty of organic matter are ideal for production. Jute tolerates a soil pH of 4.5-8.0, but more extreme pH conditions will reduce the availability of iron in the soil.

Saluyot is a short-day plant, and hence, abundant only during the months of November to February.

### USES/IMPORTANCE

Saluyot is famous for its sturdy, natural fiber but there are cultivars that are grown as a leafy vegetable. The young leaves are used fresh or dried. They can be stored after drying and used during periods of scarcity. The leaves become slimy when cooked, a trait of this crop which is highly appreciated. It is also used for headache.

### NUTRIENT VALUE

Saluyot per 100 g of edible portion, contains water (83 g), protein (6.5 g), fat (1.0 g) carbohydrate (7.5 g), fiber (2.0 g), ash (2.0 g), Ca (488 g), P (114 mg), Fe (11.6 mg), beta carotene (7325 mg), vitamin A (1221 mg), thiamin (0.15 mg), riboflavin (0.28 mg), niacin (1.5 mg), and vitamin C (95 mg). The energy value is 65 kcal/100 g.

## **PROPAGATION**

Jute is propagated by cuttings and seeds, germination percentage is low, the seeds may be soaked in hot water at 60 °C for one minute.

## **CULTURAL PRACTICES**

Saluyot is planted direct either by seeding or transplanting. Direct seeding is used when seeds are plenty, labor is limited and during the dry season when flooding is not a problem. Planting is done at the beginning of the rainy season (May-June). When

there is uniform distribution of rainfall, like in Southern Mindanao, saluyot can be planted anytime of the year. The seeds are drilled uniformly, 4 to 5 inches apart in furrows or at the rate of 5-6 kg of seeds/ha. For large scale planting and in open places, seeds are judiciously broadcasted and lightly covered with fine soil with the use of a wooden harrow.

Saluyot responds well to organic fertilizer. Fertilization rate depends on soil fertility, type and organic matter. A soil test is highly recommended to determine the available N, P and K.

## **WATER MANAGEMENT**

Saluyot is sensitive to drought. Irrigating is critical after sowing or transplanting to ensure a good stand. At the Asian Vegetable Research and Development Center, fields are furrow-irrigated every 10 days during the cool-dry season and weekly during the hot-dry season. As a rule, plants are irrigated if wilting occurs in mid-day. Thorough irrigation is necessary to develop a deep and healthy root system. Good drainage is also essential for plant survival and growth. Drainage canals should be provided to remove excess water after heavy rains. Over-irrigation should be avoided to prevent disease development and leaching of soil nutrients. Drip irrigation or micro-sprinkler irrigation must be used, this must be avoided in the late evening to prevent foliar diseases.

## **WEED MANAGEMENT**

Thorough land preparation is essential. Saluyot, especially when direct-seeded, is slow to establish and is vulnerable to competition from weeds. Weeds must not be allowed to crowd or over-grow the young plants. When plants are 20 to 25 cm tall, a wooden plow or cultivator is passed between the rows to hill-up.

## **PEST AND DISEASE MANAGEMENT**

The foliage and shoot tips of saluyot are susceptible to damage by insects and spider mites. Nematodes (*Meloidogyne* spp.) cause stunting of plants. Pest damage is usually less severe in plantings that are well-fertilized and rotated with other crops.

Only a few diseases affect saluyot. Damping-off caused by *Rhizoctonia*, *Pythium*, or *Phytophthora* spp. occurs in seedbeds. These pathogens are managed through the use of raised beds, well-drained soil, and proper watering. Stem rot (*Sclerotium rolfsii*) is a common disease during the dry season, causing plants to wilt. Stem rot is managed by deep plowing, using raised beds, rotating crops and allowing ample time for breakdown of green manure before planting.

## **HARVESTING**

Saluyot is harvested 30-60 days after planting, depending on the variety. Some are sensitive to short daylength, causing them to bloom prematurely. These varieties should be harvested 20-40 days after planting, just before pods develop. Plants may be harvested once or several times. One-time harvest is adopted to quick-growing varieties. Whole plants (20-30 cm tall) are pulled from the soil with roots, washed and tied in bundles. With multiple harvests, young leaves and shoots are picked every two to three weeks. New side shoots will develop and harvesting can be repeated three or four times. Frequent harvesting delays flowering and prolongs the harvest period. Saluyot wilts rapidly after harvest. Harvest during the cooler time of the day, such as early morning or late afternoon, and keep the produce cool and shaded to minimize wilting.

## **POSTHARVEST HANDLING**

The common practice in markets and shops is to sprinkle saluyot with water to keep it fresh. If uprooted, it can be kept fresh for some days by putting the roots in water. Jute is sold in bunches or by weight.

## **FOOD PREPARATION**

The young leaves can be blanched or prepared as ingredient in omelette, noodles and pinakbet.

## **PROSPECTS/OPPORTUNITIES**

Saluyot shows potential as “functional food” in view of its significant therapeutic and nutritive benefits.

